

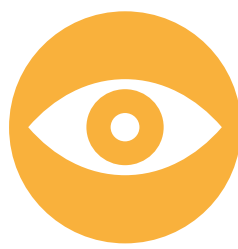
GOOD NUTRITION SUPPORTS GOOD HEALTH FROM HEAD TO TOE

Each egg is a nutritional powerhouse. Eggs are one of nature's most nutritious foods. Naturally low in fat, eggs provide the highest quality protein and contain 13 essential vitamins and nutrients that are needed as part of a healthy diet to help you be your best, every day.

EYE

Lutein and zeaxanthin promote eye health as you age and protect against eye conditions.

Eggs also contain **vitamin A**, which helps maintain eye tissue and supports good vision.



BRAIN

Eggs are among the few foods that supply both **choline** and **lutein**, nutrients that play a strong role in brain development and health.



MUSCLE

Eggs provide the highest quality **protein** of all food sources, which helps to build and repair muscles. Adequate protein intake also helps prevent muscle loss during aging.



HEART

Eggs contain nutrients known to benefit heart health, including **omega 3** and **vitamin E**.



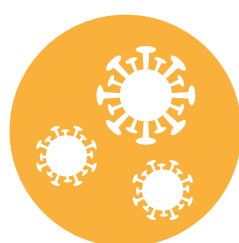
STOMACH

Eating high-protein foods like eggs can help satisfy the appetite and help you feel fuller for longer. Plus, eggs are a source of **vitamins B2** and **B5**, needed to convert the food you consume into energy for the day.



IMMUNE SYSTEM

Many of the nutrients found in eggs, such as **vitamin B12**, **folate** and **zinc**, help maintain a strong immune system.



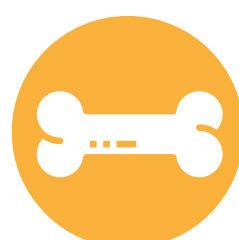
HAIR & NAILS

Selenium, found in eggs, promotes healthy hair and nails.



BONE

Eggs are one of the only foods that naturally contain **vitamin D**, a nutrient critical for bone and teeth health. **Phosphorus** is also found in eggs, helping develop and maintain healthy bones and teeth and support muscle growth.



BLOOD

Iron, found in eggs, carries oxygen to the cells, providing energy needed for daily life.



SKIN

Eggs are a source of **vitamin A** and **iodine**, which help maintain healthy skin.



THE UNBEATABLE POWER OF PROTEIN

Eggs are an all-natural high-quality protein powerhouse - one large egg has 6 grams of the highest quality protein.



Plus, the protein in eggs can be easily absorbed by the body.



Protein is an important part of an overall healthy diet, helping to build, maintain and repair muscles, organs, skin, hair and other body tissues.



It is also needed to produce hormones, enzymes and antibodies to fight off disease,



DON'T FORGET THE YOLK!

Most of the egg's nutrition is in the yolk, including nearly half the protein... so remember to eat the whole egg for all the goodness!

